

SAFETY NEWS

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Mike Huckabee, Governor

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James L. Salkeld, Director



24TH ANNUAL JOINT MSHA SAFETY AND HEALTH CONFERENCE SET FOR HOT SPRINGS

If you are involved in mining, you can't afford to miss the 24th Annual Joint MSHA Safety and Health Conference in Hot Springs at the Arlington Hotel March 20-23.

Sponsored by the South Central District MSHA Departments, which is made up of Texas, Louisiana, Missouri, Oklahoma, New Mexico, and Arkansas, the conference will feature a host of relevant, up-to-date workshops presented by knowledgeable, national speakers as well as a variety of vendors.

Workshop topics include:

**Personal Protective Equipment
Positive Effective Leadership
Top Five Causes of Injury
Safety and Health Conferences
Job Training Analysis
Toxicity of Welding
Normalization of Deviance**

**Fall Protection
Rigging Awareness
Grounding System Tests
Operation Lifesaver
Explosion Hazards
Citation Assessment
Drug-free Workplace**

A block of rooms has been reserved at the special rate of \$76 for single and \$86 for double occupancy. Make your own room reservations by calling the Arlington at 501-623-7771 and specifying that you are participating in the Joint Mine Safety and Health Conference.

The registration fee for the conference is \$175 and covers the cost of conference materials, presentations, discussion groups, vendor hospitality reception and the awards luncheon. The fee may be paid by credit card, check or money order and checks made payable to the University of Texas at Austin. You can register online at www.utexas.edu/cee/txmshp.

For more information on the conference, call the University of Texas at Austin Joint Mine Safety and Health Conference at (800) 687-7345.

OSHA REMINDS EMPLOYERS TO POST INJURY/ILLNESS SUMMARIES

According to the U.S. Department of Labor Occupational Safety and Health Administration, beginning February 1, employers are required to post a summary of the total number of job-related injuries and illnesses that occurred last year. Employers are only required to post the Summary (OSHA Form 300A) – not the OSHA 300 Log – from February 1 to April 30, 2006.

The summary must list the total numbers of job-related injuries and illnesses that occurred in 2005 and were logged on the OSHA 300 form. Employment information about annual average number of employees and total hours worked during the calendar year is also required to assist in calculating incidence rates. Companies with no recordable injuries or illnesses in 2005 must post the form with zeros on the total line. All establishment summaries must be certified by a company executive.

The form is to be displayed in a common area wherever notices to employees are usually posted. Employers must make a copy of the summary available to employees who move from

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OSHA)**



NEW CPR GUIDELINES ANNOUNCED

The American Heart Association recently released their new guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. The goal of those new guidelines is to provide higher quality CPR with fewer interruptions for victims whose hearts have stopped.

It has been proven that immediate bystander CPR can dramatically increase a cardiac arrest victim's chances of survival, however, experts are concerned that the overall survival rate of victims is not reflecting that fact. It's been determined that the common reason is that even when people trained in CPR are with the victims at the time of the attack, they didn't perform CPR because they didn't feel confident enough about what to do. Research has shown that past procedures were too complicated for lay rescuers to remember.

Therefore, the new standards eliminate some of the steps. For instance, if someone trained in CPR comes upon an individual other than a newborn that they aren't able to awake and is not breathing, they should assume the person has suffered cardiac arrest.

- Immediately they should administer two breaths and begin giving 30 one-second, effective chest compressions instead of 15 as previously taught.
- Effective chest compressions are another key element in the new guidelines. Pushing hard and fast in the middle of the chest and letting the chest recoil completely in between compressions forces more blood to flow to the heart, brain and vital organs. The rate of compressions also should be about 100 per minute for all victims except newborns. Additionally, CPR steps should be done without interruptions in order to keep the blood flow from stopping, as it takes several more compressions for the flow to begin again.
- The two recommended breaths before the 30 compressions should be administered for only one second as opposed to the previously recommended 1-2 seconds, and also should cause the chest to rise as it fills.
- As far as defibrillation is concerned, under the new guidelines, rescuers deliver one shock and then begin immediate CPR, starting with compressions. Rescuers should check the person's heart rhythm after giving five cycles of CPR and every two minutes afterwards.

It should be noted that American Heart Association guidelines are extensive and detailed and should not be administered without the proper training.

Only about 6% of persons experiencing cardiac arrest away from the hospital survive. When immediate and effective CPR is combined with automated external defibrillation, that percentage could rise to more than 50%.

Sign up for a CPR class, learn the new guidelines, and become trained today in order to make that 50% survival rate a reality!

OSHA OFFERS NEW HAZWOPER GUIDANCE DOCUMENT

A new safety and health guidance document posted on the Web by OSHA will assist workers and employers in determining whether an activity is, or would be considered, an "emergency response" activity under OSHA's Hazardous Waste Operations and Emergency Response (HAZWOPER) standard.

HAZWOPER applies to employers and workers who may be exposed or potentially exposed to hazardous substances and who are working in specific operations, including emergency response operations for releases, or substantial threats of release, or hazardous substances.

The OSHA guide provides an overview of the conditions in which a response or cleanup activity may fall under the requirements of HAZWOPER.

It is divided into two sections: *The Application of HAZWOPER to Worksite Response and Cleanup Activities* and *Employee Training for Worksite Response and Cleanup Activities*. Each section links to useful information and practical guidance to help with the appropriate response.

Flowcharts are included in the document for easy reference and to help outline what compliance pathway workers should follow depending on the nature of the worksite situation. Each one follows a question and answer format to draw a conclusion on what other OSHA standards will be enforced.

For more information, visit OSHA's website at www.osha.gov.

*Want to receive your newsletter by e-mail?
Just let us know at sharon.adams@arkansas.gov*

CONFERENCE PLANNED FOR TEEN WORKERS

by Tonia Cooper

Plans are being made to provide a free safety and health training conference in Fayetteville during April for young workers, employers and parents. Individuals attending this training will receive valuable information focused on protecting young workers from workplace hazards.

This event is sponsored by Northwest Arkansas Community College and presented by the Arkansas Department of Labor and the U.S. Department of Labor – OSHA. Conference participants will receive a certificate of attendance. Contact David Hartman at (479) 619-4226 for more information.

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worksite to worksite, such as construction workers, and employees who do not report to a fixed establishment regularly.

Employers with ten or fewer employees and employers in certain industry groups are normally exempt from federal OSHA injury and illness recordkeeping and posting requirements. A complete list of exempt industries in the retail, services, finance, and real estate sectors is posted on OSHA's website.

Exempted employers may still be selected by the Labor Department's Bureau of Labor Statistics to participate in an annual statistical survey. All employers covered by OSHA need to comply with safety and health standards and must report verbally within eight hours to the nearest OSHA office all accidents that result in one or more fatalities or in the hospitalization of three or more employees.

Copies of the OSHA Forms 300, 300A and 301 are available on the OSHA Recordkeeping Website in either Adobe PDF or Microsoft Excel Spreadsheet format, at www.osha.gov.

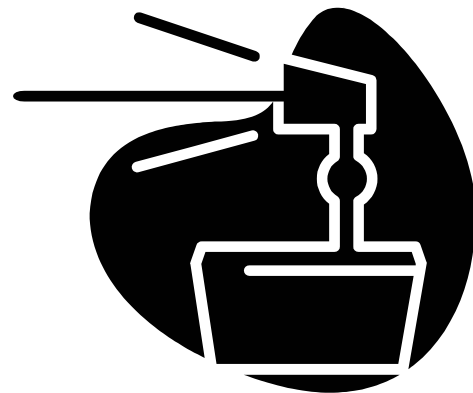
ARKANSAS ONE OF 9 STATES TO RECEIVE MSHA TRAINING GRANT MONEY

The U.S. Department of Labor's Mine Safety and Health Administration (MSHA) recently announced more than \$1.5 million in grants to provide mine safety and health training and education to miners in nine states and the Navajo Nation. The grants are part of more than \$7.9 million in grants that MSHA will distribute in FY 2006.

Arkansas will receive \$94,504 in grant funds to provide federally mandated training to miners. The grants cover training and retraining of miners working at surface and underground coal and metal and nonmetal mines, including miners who engage in shell dredging or are employed at surface stone and sand and gravel mining operations.

With the grant money, some state recipients develop videos, DVDs and other training materials. Other states assist mine operators to produce training plans covering topics required under federal regulations.

Grants are administered by



state mine inspectors' offices, state departments of labor or state-supported colleges and universities. States apply for the grants, and each recipient tailors the program to its state miners' individual needs and provides technical assistance.

Other states receiving grant money were Alabama, Illinois, Indiana, Maine, Minnesota, Missouri, Navajo Nation, New Mexico and Virginia. The Navajo Nation includes parts of northern Arizona, Utah, and New Mexico.



Could you use new training material for your next safety meeting? Take a look at our free videos at www.arkansas.gov/labor/divisions/film_video_p1.html

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OSHA OFFERS NEW GUIDELINES TO HELP REDUCE MOTOR VEHICLE CRASHES

In 2004, 1,374 American workers lost their lives in highway incidents while on the job. This represents about one out of every four fatal work injuries for the year, as highway incidents continue to be the leading cause of on-the-job fatalities.

The same is true in Arkansas where 31 workers lost their lives in transportation incidents during 2004. Eighteen died in highway transportation incidents, five in collisions between vehicles, and seven in non-collision highway incidents. Five workers were struck by vehicles and died.

The U.S. Department of Labor's Occupational Safety and Health Administration (OSHA), the National Highway Traffic Safety Administration (NHTSA) and the Network of Employers for Traffic Safety (NETS) have developed new guidelines for employers and employees who use motor vehicles for work purposes.

The 32-page *Guidelines for Employers to Reduce Motor Vehicle Crashes* offers useful information to help employers design an effective driver safety program in their workplace. It features a 10-step program outlining what an employer can do to improve traffic safety performance and minimize the

risk of motor vehicle crashes. The document includes success stories from employers who have benefited from effective driver safety programs.

The guidelines include a detailed section on the causes of aggressive, distracted, drowsy and impaired driving, and tips for avoiding such behavior on the road. There is also a sample worksheet for calculating the costs of motor vehicle crashes to employers.

To develop the guidelines, OSHA joined forces with NHTSA, the federal agency responsible for helping save lives, prevent injuries and reduce traffic-related health care and other economic costs, and NETS, a nonprofit organization dedicated exclusively to traffic safety in the workplace.

The motor vehicle guidance is available from OSHA's publications page on the Web (www.osha.gov), or can be ordered by calling the publications office at (202) 693-1888.